

DINNERLY



20-Minute Vego Pita Pockets with Caramelised Onion and Red Slaw



20 minutes



2 Servings

Filled with mushroom patties, caramelised onion and crunchy slaw, these pita pockets are a handful of deliciousness – and ready in record time.

WHAT WE SEND

- 1 red onion
- 150g red cabbage
- 1 Lebanese cucumber
- 1 carrot
- 2 mushroom patties¹
- 2 pita pockets¹

WHAT YOU NEED

- 2 tbs olive oil
- 1 tbs red wine vinegar¹⁷
- 1 tsp sugar
- 2 tbs mayonnaise³

TOOLS

- julienne peeler or box grater
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 865kcal, Fat 42.9g, Carbs 94.1g, Proteins 21.3g



1. Prep ingredients

Thinly slice the **onion** and **cabbage**. Halve the **cucumber** widthwise, then cut into thin wedges. Peel the **carrot**, then shred using a julienne peeler or coarsely grate with a box grater.



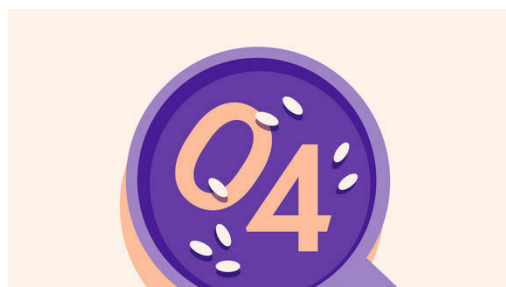
2. Caramelize onion

Heat a **drizzle of olive oil** in a medium frypan over medium heat. Cook the **onion**, stirring, for 5-6 mins until softened and caramelised. Remove from the pan, reserving the pan.



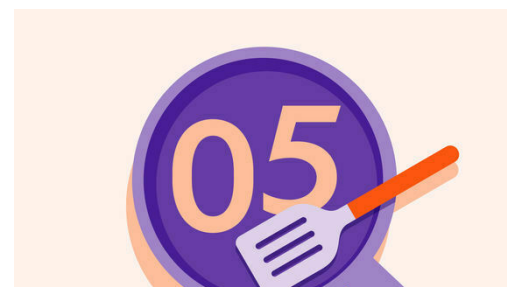
3. Make slaw

Meanwhile, put a **generous drizzle of olive oil**, **1 tbs red wine vinegar** and **1 tsp sugar** in a large bowl, season with **salt and pepper** and whisk to combine. Add the **cabbage** and **carrot** and toss to combine.



4. Warm patties

Heat a **drizzle of olive oil** in the reserved pan over medium heat. Cook the **mushroom patties** for 3-4 mins each side until warmed through. Remove from the pan and cut into 2cm-thick slices.



5. Warm pitas and serve up

Meanwhile, halve the **pitas** to form 4 pockets. Put on a plate, slightly overlapping, and microwave in 10-sec bursts until warmed through (see Kitchen hack). Open the **pita pockets** and generously spread with **2 tbs mayonnaise**. Fill with the **patties**, **onion**, **cucumber** and some **slaw**. Serve the **remaining slaw** on the side. Enjoy!



6. Kitchen hack

Don't have a microwave? You can warm the pitas, wrapped in foil, in a 180C oven for 10 mins or until warmed through. Or, heat them in a frypan, one at a time, over medium-high heat for 30 secs each side.